



easily stressed by my surroundings and other people. The effect meditation has on your anxiety levels is remarkable. It's not easy – I spend a lot of the time thinking and have to remind myself to stop and go back to it. But even 20 minutes of sitting with my eyes closed makes a difference to my day.

Exercise affects my well-being and mood in a huge way, and so does what I'm eating. It depends which city

I'm in, but I've worked out with Andie Hecker for years. She used to be a New York ballet dancer, so we do Pilates and sometimes ballet. I also love The Class by Taryn Toomey (a yoga/cardio strength workout), and I do yoga and hike. I like to change it up. I became vegan for ethical reasons, but I've never felt better than I do now. If I'm not eating clean, I feel like crap and more stressed.

When you eat the right things, you don't need that many beauty products. I'm not fussy about my skincare regime. I'm blessed with my mother's genes – her skin is great. But my diet and lifestyle play into that, too, as I'm not a partier. I sleep and hardly ever drink. When I am taking care of my skin, though, I like to use more natural stuff. Tammy Fender makes this lovely lavender face wash [Cleansing Milk Lavender & Fo-Ti, about £42, tammyfender.com] and True Botanicals has great face oils [from about £28, truebotanicals.com]. I try to wear sunscreen every day, as that helps, too.

I pick up on other people's energy very easily. It's not something I choose – I'm really intuitive and empathic. I definitely don't have a problem reading the room. You know how some people are just kind of oblivious? I don't have that issue, which is probably why I'm too aware of how everyone else is feeling. I've been

told at a few points in my life that I can come across as aloof. I think it's more of a defence mechanism, because I feel things strongly and I'm too sensitive, so sometimes I have to go the other way. Of course, being an actress, you have to put up boundaries as you're so vulnerable and exposed. But at the same time, you also have to be vulnerable in order to do your work. It's a fine line.

There's an expectation as an actress to look a certain way. It's hard to decide how much you buy into that and how much you stay true to who you are. In my everyday life, I wear T-shirts, pants and sneakers. I don't really put much effort into clothes and how I look, but sometimes it's fun to put on an amazing couture dress. You have to give people a little bit of you and still keep something back. I'm still figuring it out.

I'm not fearless, but I try to have courage. It's probably the most important virtue, as you need it to do almost anything great in the world. It took guts to be vegan and phase leather out of my wardrobe, I guess. I'd been vegetarian on and off since the first grade, and then someone sent me one of those horrible undercover

videos from a pig slaughterhouse. I watched it and that led me down a YouTube rabbit hole to dairy farms. But I certainly don't have courage all the time.

The most sustainable thing you can do is join an environmental group in your community.

I watched this documentary called *No Impact Man*, where over a year this guy and his family cut out everything that impacts the environment, like electricity, and they wouldn't take any transport except a bike. At the end of it people would ask him, 'What is the most impactful thing we can do?' He said to get involved in a local environmental group. We don't think about where the plastic water bottle we've just drunk from goes, or its effect because we feel so disconnected these days. If you feel responsible not just for yourself but your neighbour, it brings you back to the reality. I don't buy plastic bottles unless there's no other option, and I go to farmers' markets, too.

I have to fight against being a lone wolf because I'm naturally an introvert. I'm easily overwhelmed by other people and need a lot of alone time to process and decompress. And especially on a movie set when you're around people all day long. But social media is not real connection. I don't avoid Instagram. I have a huge family [two brothers – one older, one younger – and a sister, actress Kate Mara], so it's a great way of seeing pictures of people's kids. But it's like we're all virtual reality. Picking up the phone and having a conversation – that's real connection and what I find most fulfilling. ■

Rooney Mara is the face of the new Givenchy L'Interdit EDP

'MEDITATION IS LIKE A SHOWER FOR YOUR BRAIN. IT KIND OF CLEANSSES AWAY ALL THE NEGATIVITY'

